

The Mangrove Galley

by Sandi Mieszczenski



As boaters, my husband and I are always looking for easy and delicious boat meals. This recipe is one of our favorites. Serve this pork dish over rice or noodles and enjoy!

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.



Pork with Mustard Sauce

- 1 large onion, peeled and sliced
- pat of butter
- 1 ½ to 2 pounds of pork (you can use an inexpensive cut such as pork shoulder blade or pork chops.)
- vegetable oil
- 1 tablespoon of flour
- 1 beef bouillon cube melted in one cup of water
- 1 tablespoon of yellow mustard
- salt
- pepper

Melt the butter in a large skillet. Add the onion and sauté until soft. Remove from pan. Pat the pork dry with paper towels to remove the moisture. Heat the oil in the same skillet and brown the pork on both sides. Sprinkle the flour over the meat, return the onion to the pan, stir in the bouillon mix and mustard. Stir well. Cover and simmer ½ to 1 hour until the meat is tender. Add salt and pepper to the taste.

Serve with a green vegetable and you have a great meal.

Hunk of the Month

Russ Cullen
Attorney Extraordinaire!



Medical Terms and Redneck Definition

- Artery - The study of paintings
- Bacteria - Back door to cafeteria
- Barium - What doctors do when patients die
- Benign - What you be, after you be eight
- Caesarean Section - A neighborhood in Rome
- Cat scan - Searching for kitty
- Cauterize - Made eye contact with her
- Colic - A sheep dog
- Coma - A punctuation mark
- Cyst - To give someone in need a helpin' hand
- Dilate - It sure beats dyin' earty
- Enema - Not a friend
- Fester - Quicker than someone else
- Fibula - A small lie
- Impotent - Distinguished, well known
- Labor Pain - Getting hurt at work
- Medical Staff - A doctor's cane
- Morbid - A higher offer
- Nitrates - Rates of pay for working at night, normally more money than days
- Node - To have been acquainted with
- Outpatient - A person who has fainted
- Pap Smear - To insult or belittle your own father
- Pathology - The study of trails
- Pelvis - Second cousin to Elvis
- Post Operative - A letter carrier
- Recovery Room - Place to do upholstery
- Rectum - Crashed 'em and totaled 'em
- Secretion - Hiding something
- Seizure - Roman emperor
- Tablet - A small table
- Terminal Illness - Getting sick at the airport
- Tumor - One plus one more
- Urine - Opposite of you're out



Waterspout over Bahia Honda Bridge. Photo contributed.

PILOT HOUSE

Best Happy Hour in the Keys!

2 for 1 Select Specials

- Frozen Drinks
- Early Bird Food
- Draft & Bottle Beer
- Well Drinks

Live Entertainment most nights

13 Seagate BLV, Key Largo
MM 99.6, Oceanside - 305.451.3142

www.PilotHouseMarina.com www.fb.com/PilotHouseKeyLargo

Bayside Blues Concerts & Beach Parties

Concert Showtime: 6:30pm

Bayside Grille continues the greatest music schedule ever presented in Key Largo!

SATURDAY
JUNE 5

Josh Smith

One of the most diverse blues rock guitarists of recent years. Jimmy Thackery said of the 14-year-old, "Josh is three heartbreaks away from being a true blues guitar genius." At 15, won Florida Jammy Award and XS Readers Choice for best blues band. Josh has played such high profile gigs as backing Mick Jagger at the Grammy Awards in 2011 and the Kennedy Center Honors in December 2011.

SATURDAY
JUNE 15

Anni Piper Australian Blues Superstar

Best New Talent' at the 2005 Australian Blues Music Awards nomination for 'Best Female Vocal 2004 ABC Radio competition, top five finalist in the 2010 Musicoz Awards and many more accolades for this blues singer songwriter.

"Anni Piper has arrived, and you would do well to invite her in."
"Sticks" Randall Ierna, Ranluron Music, BMI (USA)

SATURDAY - JUL 6

Joel DaSilva & the Midnight Howl

Shared stages with BB King, The Fabulous Thunderbirds, The Black Crowes, Los Lobos and more!

TUES & WED - JUL 16 & 17

Debbie Davies

Award-winning singer, songwriter, guitar player of extraordinary talent. Top blues artist who in 1997 and 2010 won Best Contemporary Female Blues Artist.

SATURDAY - JUL 27

Rockin Jake Band

A dynamo performer from New Orleans, five time Award Winner for Best Harmonica.

Capt. Morgan Beach Party on Sat. June 29

(See page 1 for details)

305-451-3380

www.keylargoblues.com

Checkout our
CAPTAIN MORGAN BEACH BAR
where Captain Morgan is \$5 all the time!

MM 99.5 Bayside, behind Cafe Largo



My doctor asked if any members of my family suffered from insanity...

I said nope, we all seem to enjoy it!!